



News Release

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Check Your Health™ Helps Utahns Fulfill Resolutions

(Salt Lake City, UT) - Thousands of Utahns will challenge themselves to drop a few pounds with diet and exercise changes in 2008. The Utah Department of Health's *Check Your Health*™ program is ready to help. As part of an ongoing effort to prevent and control rising obesity rates, Check Your Health offers two multimedia programs designed to teach users to exercise and adopt healthier eating habits.

Check Your Health partners—UDOH, Intermountain Healthcare and 2News Fresh Air—know that people need healthy choices to be easy choices. Combining the popular “Workout on the Web” programs, healthy cooking ideas and the Internet gives Utahns the right kinds of tools to help them change their habits and get healthier.

“These tools are so easy to use,” said Jane Sims, Project Coordinator for Check Your Health. “They’re designed for all skill levels and can be the perfect weapon for anyone who has ever thought about making a change in their eating habits or getting fit.”

Be Active

One component of the campaign is the Check Your Health “Workouts on the Web.” In these 4-minute segments, Brett McIff, physical activity specialist and ACSM-certified personal trainer from UDOH's *Healthy Utah* program, shows viewers how to build strength and flexibility by using tried-and-true methods of body-weight resistance, exercise balls and bands, and traditional hand weights. Users can watch as 2News anchor Mary Nickles demonstrates the moves with guidance from Brett.

“Getting moving is much more than just knowing what to do—it’s seeing it, trying it, and feeling success,” said McIff. “Once you do that, it’s so much easier to keep going and get feeling better.”

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All of the workouts are available to watch online or via “podcast.” This way, users can do the exercises at home and/or get relevant tips and instructions to take to the gym. The programs are found on KUTV’s Web site at <http://www.kutv.com>. Viewers who want a printout of the exercises, with pictures to show correct form and instructions from the trainer, can link to www.checkyourhealth.org to download and print a PDF document.

To further support “Workouts on the Web,” KUTV is featuring “Fitness Buddies” on its “Fresh Start to Fitness” program. Every Thursday beginning January 17, a fitness coach from Intermountain Healthcare will train two “fitness buddies” during a segment on 2News This Morning. These segments will follow a format similar to Workouts on the Web and will be designed for almost all fitness levels.

Eat Healthy

The second component of the campaign centers on good nutrition. Each Thursday on 2News at Noon, Chef Bryan Woolley features light, family-friendly recipes on his *Fresh From the Kitchen* cooking segments. Supporting this effort are several dietitians from UDOH and Intermountain Healthcare.

“Many Utahns are afraid to try something different in the kitchen,” said Sims. “Chef Bryan’s recipes are all about helping people learn how to cook flavorful, family-friendly meals with a healthy approach,” she said.

Each cooking segment, complete with healthy cooking tips from Chef Bryan, is available to watch at www.kutv.com. Printer-friendly recipes with nutrition information and shopping lists are available at www.checkyourhealth.org.

Obesity is a growing epidemic facing millions of Americans. In Utah, more than half of adults are overweight, with 1 in 5 being obese. One in 4 Utah children are at an unhealthy weight. Obesity and overweight have severe health consequences, including diabetes, heart disease, certain cancers, arthritis, and sleeping disorders.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.